ROLE OF ARKPATRA NASYA IN THE MANAGEMENT OF ARDHAVABHEDAKA: A CASE REPORT

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ABSTRACT

Ardhavabhedaka is mentioned under Shiroroga (Diseases of head) which can be correlated with migraine. Migraine is an episodic headache disorder. It is usually characterized by pain involving either half of the head. According to International headache society, Migraine affects about 10-20% of the general population (About 15% women’s and 6% men are the suffering from the migraine). The diagnosis of migraine mainly based on clinical history. Many medications have been advocated in modern, but these drugs are less acceptable because of the drawbacks and side effects. Ayurveda has a variety of treatment therapy and natural medications in the management of Shiro Rogas. Nasya Karma is the best therapeutic procedure in Shiro Roga. Bhringraja patra Avapeedaka Nasya is mentioned by Acharya Yogaratnakara in context to Suryaavrta and Ardhavabhedaka. Here in this single case study, an attempt has been made to assess the efficacy of Arkapatra Avapeedaka Nasya in the management of Ardhavbhedaka which is Purvaanubhut remedy are used in some areas of country. Avipattikar Churna was administered internally for 3 days. Satisfactory result was observed after the treatment and in follow up period of 3 months.

Keywords: Migraine, Ardhavabhedaka, Arkapatra, Avapeedaka Nasya.

INTRODUCTION

Migraine is the most common headache of varying intensity, often accompanied by nausea and sensitivity to light and sound. It is a highly prevalent disorder worldwide; it is the 3rd most prevalent and 7th leading cause of disabling headaches¹. According to International headache society, Migraine constitutes 16% of primary headaches and affects about 10-20% of the general population². Ardhavabhedaka can be scientifically correlated with Migraine due to its cardinal feature half sided headache which is also explained by commentator Acharya Chakrapani as Ardhamastaka Vedana³. Ardhavabhedaka has been explained as Vataja and Vata-Kapha by Acharya Charaka⁴, Tridoshaja by Acharya Sushruta⁵ and Vataja by Acharya Vagbhatta⁶. According to Acharya Yogaratnakara Ardhavabhedaka is also Vata-Kapha⁷. The various types of pain explained by different Acharyas suggest the Vishama nature of...
Vata Dosha. According to contemporary science the treatment protocol of migraine is nonpharmacological
treatment such as identification of triggering factor,
medication, physiotherapy etc. Tab. Aspirin, Tab. Paracetamol, Tab. Ibuprofen, Tab. Diclofenac are nonspecific abortive therapy. Ergot, 5-HT Receptor are specific abortive therapy. But these drugs are not acceptable due to the drug dependency, draw backs and side effects. Ayurveda has a variety of effective procedures and medications i.e. Snehapana, Shirovirechana, Kayavirechana, Nadisweda, Basti, Shirobasti, Agnikarma, Shirishamoola Phala Twaka Aypeedaka Nasya. Acharya Yogaratnakara has mentioned Bhringraja patra Avpeedaka Nasya in context of Suryaavrta and Ardhabhedaka. Nasa (nose) has been considered as the gateway of Shira. Nasya karma is indicated to uproot the deep-seated Doshas of Shira. In India, Arkapatra Avpeedaka Nasya has been practiced since many years here we selected it as a drug of choice for Nasya Karma for further data.

Case Report:
A fully conscious, normal oriented female patient, age 27 years came to OPD of Shalakya Tantra, IPGT&RA, Jamnagar; with an OPD no.5266 on 02/01/202.
She presented with chief complaints of headache involving half side of head since last 8years and interval of episodic headache was 15 days to one month. Severity of headache was increased since last 3months and interval was on alternate days for one month. Associated complaints were anger, irritability and burning sensation in chest. Aggravating factors of headache was stress, hunger, sunlight, noisy surroundings whereas, relieving factors were only analgesics. There was no relevant past history of any other disease. No positive family history was found.

Personal History:
Diet: - Vegetarian, Appetite: Moderate,
Bowel: Regular, Micturition: Normal,
Sleep: Disturbed,
Addiction - No any. All vital signs and general physical examination were found to be within Normal limit. Occupational History: - Housewife.

Diagnosis:
It was already diagnosed case of Migraine and on the basis of sign and symptoms it was correlated with Ardhabhedaka.

Investigation: Routine hematological and urine investigation-with in normal limit. CT scan brain-No Pathological finding.
Visual acuity-Distance: -6/6 B/L, Pinhole: -6/6B/L, Near vision: -N6 B/L.

Consent: Written Informed consent was taken from the patient prior to case study.

Treatment:
1. Avipattikar Churna 6gm BD before meal was given for 3days
2. After three days Arkapatra Avpeedaka Nasya was given 6-6drops in each nostril for next three days.

Method of Administration of Nasya:
Purva Karma: Sthanika Abhyanga with Bala Taila and Ushma Sweda (hot fomentation) of scalp, forehead, face, and neck were performed with plain water. Arkapatra Swarasiddha was prepared by squeezing the Arkapatra Kalika with the help of 4*4inch Size cotton cloth, for Avpeedaka Nasya.
Pardhana Karma: After Purva Karma, the patient was made to lie down in supine position and collected Arka patra Swarasiddha was instilled 6-6 drops slowly in each nostril. After the administration of Nasya, the patient was advised to remain in supine position till Swarasiddha comes in the throat, and then to spit it out. After this patient was advised for Surya Darshan (to look towards the sun).
Pashchata Karma: The patient was advised to avoid dust, smoke, alcohol, anger, excess liquid diet, day sleeping, cold water for any purpose like drink, bath etc.

Advice after Nasya: Patient was advised that not to worry about frequent sneezes and not to Hold it.

Pathya–Apathya: To avoid noisy surroundings, compulsory to take breakfast, avoid bungee eating, any food item that results into gas or abdomen trouble to be avoided.
Observation & Result: There was significant improvement in symptoms of Ardhavbhedaka (Migraine) with this short course therapy of 3days. On the follow up of 2months at the interval of 1month patient was not having any episode of headache.

DISCUSSION
Migraine is a challenging disease to treat because it is based on clinical symptoms which is Subjective and variable patient to patient. Ardhavbhedaka is the condition, which is nearer correlation to Migraine, which has been explained as Vata-Kapha by Acharya Charaka Tridoshaja Vyadhi by Acharya Sushruta, and Vataja by Acharya Vagbhatta. Nasa is considered as “Nasa Hi Shirsodvarma”. Nasa is therapeutic gateway of head. So, when the medicine is administered through Nasya Karma it affects the vitiated Doshas to pacify in head. Avapeedaka Nasya is a type of nasya which is used in the form of Kalka Swarasas as Shamana and Virechanika Nasya. Here in this case study Arka Patra has been selected as a drug. Arka patra is Laghu, Raksha, Tikshna in Guna Katu- Tikta in Rasa; Katu Vipaka and Ushna Virya with Kapha and Vata Dosha shamaka property. Avapeedaka Nasya has been choose as a procedure as it has Vairechnika property which will expel out all the vitiated Dosha in Shira. In Ardhabhbedaka kapha dosha is dominant and vata is also dushita so arka patra swarasas and Avapeedaka Nasya works by their tikshna properties and shrangataka marma is more aggravate by arka patra swarasas tiksha guna and Avapeedaka Nasya Vairechnika property so snuggle dosha expel out from shira.
Avipattikara Churna was administered for the purpose of Koshta Shuddhi as abdomen trouble is a major aggravating factor for the disease.

CONCLUSION
This case report concludes that Ayurvedic management with Arkapatra Avpeedaka Nasya with strictly followed Pathya Apathya offers good result in the treatment of Ardhavbhedaka and improves patient’s quality of life.

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